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The Sanitarium
Clifton Springs
New York



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THE SANITARIUM

FOUNDED IN 1850 BY DR. HENRY FOSTER

CLIFTON SPRINGS, NEW YORK



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The Main Building

THE SANITARIUM



THE Clifton Springs Sanitarium is situated in Clifton Springs, Ontario County, Western New York, not far from Rochester, and in the close neighborhood of the towns of Geneva and Canandaigua. Bordering this region on the south is the beginning of the great lake and hill country which merges gradually into the mountains of Pennsylvania.

The Sanitarium is now entering upon its sixty-seventh year, and we believe with increasing vigor and usefulness, and with constantly growing facilities for higher types of medical and surgical service. A few words regarding the nature of this Sanitarium, and the types of patients who seek its benefits, may be of interest.

The Sanitarium has never been, nor, according to the terms of the Deed of Trust under which it operates, can it ever be an institution conducted for personal profit. There is no stock and consequently there are no dividends to be paid, the institution being conducted as a foundation for the general welfare of those in need of its services. The control of its affairs is vested in a Board of Trustees who have no financial interest in its administration. From its origin its purpose has been in a large sense eleemosynary. Established in a small way by a pioneer physician, Dr. Henry Foster, in 1850, it has grown and developed gradually, supporting itself always out of its own earnings. Primarily the founder intended that it should extend its benefits to all in need of medical or surgical study and care especially and as far as possible to certain groups of professional persons, (missionaries, ministers and teachers).

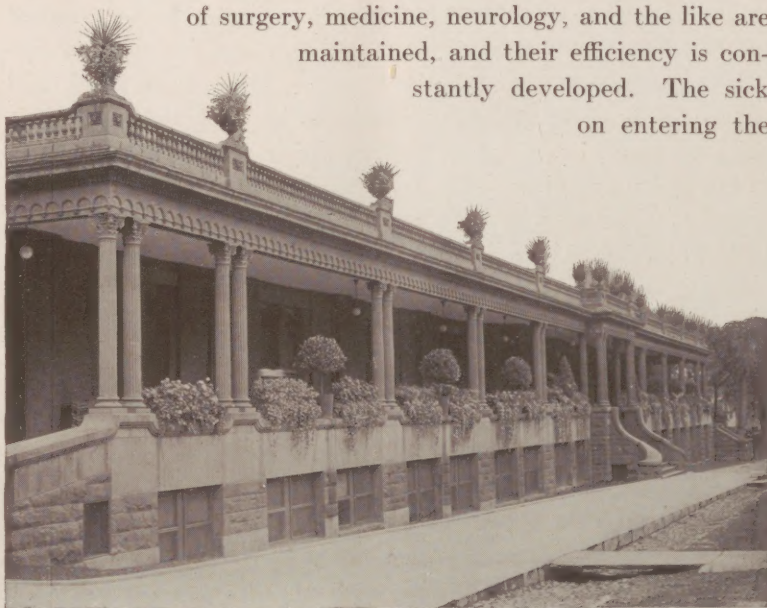
This is a general Sanitarium, that is, it is conducted for no special group or class of patients, though a few group cases, objectionable to ordinary invalids are excluded, namely—cases

of pulmonary tuberculosis, cases of mental disease and cases of epilepsy.

In the sanitarium the endeavor constantly is to lead patients back to a normal method of life, and to avoid the sense of invalidism and of an invalid community, an impression often unavoidable in the hospital. To this end there are no general wards. Patients who are able to be up and about are encouraged to take part in the milder forms of general community life, and to make use of the public dining-rooms, where normal living and cheerful relationships are encouraged and maintained.

At the same time that a generally cheerful and social course of life is established for the patients, the underlying thought of careful, accurate, scientific care of the sick is constantly the prime factor in the mind of the administration. A large staff is maintained, a staff equivalent to and equal in strength to that of a hospital of similar size. Members of the staff for the most part live in neighboring cottages, and devote their entire time to the service of the Sanitarium. Within recent years the department method has been adopted—that is, the conventional departments

of surgery, medicine, neurology, and the like are maintained, and their efficiency is constantly developed. The sick on entering the



The Veranda

institution receive careful examinations, including general physical examination and such special chemical, bacteriological, serological, bio-chemical and X-ray examinations as may be necessary. Shortly after admission the patient is assigned to the physician best calculated to meet his needs. A majority of the patients avail themselves of the opportunity for consultation with several members of the staff. These consultations are arranged by the physician directly in charge of each patient. By following this method of consultation, the combined opinion of physicians interested in different special fields is obtained.

On the other hand, those who are merely tired and are seeking rest and recreation are provided for as their needs require, and are not grouped medically with the truly ill. The work of the staff being concentrated, and especially correlated, is made to bear particularly on the study of patients suffering from obscure disease who are sent to this Sanitarium for the sake of what is known as the co-operative investigation of their ailments. With all the thought given to the study and care of serious illness, we cannot too often insist upon the fact that the hospital atmosphere and character does not maintain. At least one half of the persons who come to Clifton live and expect to live a free life,



Main Building and Annex



Peirce Pavilion

largely out of doors, and with the environment and association of health and recreation.

The physical plant is extensive and suitable. There are two large buildings, one, the Main Building, of modern construction, roomy and comfortable, with wide corridors, offices, parlors, libraries, and dining-rooms, occupying the whole of the first floor. The upper floors to the roof suggest rather the accommodations of a comfortable hotel. The flat roof with its broad balustrade supplies an attractive promenade, while part of the roof is occupied by an extensive solarium intended for sun lounging and indoor games such as billiards and pool. In the basement and in adjoining buildings are the X-ray rooms, laboratories, pharmacy, medical baths, gymnasium, and the usual domestic offices.

A generous dietary is furnished, while there is a special diet kitchen under the charge of two trained dietitians which supplies foods indicated in particular cases as ordered by the physicians.

The Main Building stands in the midst of a wide stretching park of ancient forest trees, intersected by walks and streams. There is scarcely a month in the year when this park is not available for walking and for use of wheel-chair patients. Be-

yond and flanking the park are suitable athletic grounds for golf, tennis, and the like, while persons who feel so inclined will find the neighboring lakes of Canandaigua and Seneca easily accessible by train or motor for sailing and fishing.

The Annex immediately across the street from the Main Building, and with nearly as many rooms, faces the park and has a charming outlook. The two buildings together accommodate some three hundred persons. The Annex is a simpler building than the Main Building, and the charges accordingly are somewhat less. Patients in the Annex receive the same attention and enjoy the same privileges as those in the Main Building, meeting in the same dining-room and using the library and parlors.

THE PATIENTS. This is a general Sanitarium, and does not confine itself to any one group or type of patients, at the same time, most of the main specialties are represented on the Staff, and special work is done along appropriate lines. The Staff is composed of twelve physicians and every member has had long and extensive experience in hospital and sanitarium practice. Two of the older members belong to the group commonly called general practitioners, all the others are persons of special training—in internal medicine, and neurology, in diseases of the heart and lungs, in surgery, and in gynecology, while a specialist in diseases of the throat, eye and ear lives near the institution and is frequently in consultation.

THE SURGICAL DEPARTMENT is modern, well equipped, and in frequent demand. It is under the immediate control and operation of surgeons formerly members of the staff of the Johns Hopkins Hospital.

We feel that surgical operations are attended by peculiar advantages at a country Sanitarium, for there patients may be given, if necessary, long and beneficial preliminary treatment, and may remain after operation for a proper convalescence and a return to sound health. The surgical service is active, averaging at the present writing twenty or more operations weekly.

THE GYNECOLOGICAL DEPARTMENT (minor gynecology) is under the direction of a competent woman physician, specially trained in the treatment of pelvic disease.



Dining-Room

THE ORTHOPEDIC DEPARTMENT is of special significance and importance. Great numbers of Clifton patients are sufferers from various forms of joint diseases as well as diseases dependent upon obscure infections. This class of cases is found to be increasing. Such patients are often hopeless invalids under the necessarily restricted conditions of ordinary home treatment. For these persons a proper sanitarium offers peculiar advantages.

THE NEUROLOGICAL DEPARTMENT as a separate department was established two years ago under the direction of a competent specialist, and is today one of the most important and active departments of the institution. While large numbers of persons suffering from functional nervous diseases come to Clifton and require the care and direction of a neurologist, there are also large numbers of persons the victims of obscure organic nervous disorders, whose ailments require the most careful study and supervision.

THE DEPARTMENT OF INTERNAL MEDICINE is perhaps the most important department of this institution. To it are attached the majority of the staff, who bring to bear upon the problems and cases involved the best available knowledge, and the equipment and methods which a long experience has proven

of the highest service in dealing with great numbers of physical and nervous ailments. At the same time the endeavor is to eliminate in a large degree the atmosphere and thought of invalidism. We believe we are well within the truth in asserting that the spirit of the place and the companionship found are in countless ways helpful, cheerful and stimulating.

THE ELECTRICAL DEPARTMENT is in charge of a thoroughly competent electro-therapist who was recently engaged for this special work.

THE X-RAY DEPARTMENT, one of the most important adjuncts of modern medicine, is in constant and increasing use, and is under the direction of a thoroughly trained technician.

THE PATHOLOGICAL LABORATORY. The Clinical and Pathological Laboratories are composed of several coördinated working units:—the Clinical Laboratory proper where tests of the body excreta, blood and gastric contents are made; the Bio-Chemical Laboratory especially for the study of the diseases affecting metabolism, and the Bacteriological and Pathological Laboratory in which extensive work demanded by the relation of these two branches to medical problems is carried on.



The Tabernacle



The Solarium

NURSES. All of these departments avail themselves of the advantages afforded by an excellent Training School for Nurses. The Clifton Sanitarium Training School, instituted in 1891 under a charter granted by the State Board of Regents, has a large class of nurses pursuing a three years' course; who, besides receiving the ordinary training of a well conducted hospital, have special training in massage, electricity and dietetics. The school is in affiliation with, and sends its students to, the best schools in New York.

MEDICAL BATHS. The extensive medical baths and treatment rooms are regarded as models of completeness in equipment and variety of methods employed. Probably one of the most valuable of the baths is the *Nauheim* which is used for certain types of *heart trouble and circulatory disturbances*. This bath system is under the direct supervision of a specialist who follows the progress of the cases carefully, checking up results by frequent examinations, and by the use of the electro-cardiograph and fluoroscope. The *Nauheim* baths are given with the distinct advantage that when desired patients can be very readily taken

to and from the bath rooms in wheel chairs. Other frequently used baths are the Electric Cabinet (incandescent), Steam Cabinet, Electrothermal, Sulphur Tub, Sulphur Steam, Salt Rub, Hot Air, etc. The Electric equipment includes the Galvanic, continuous, interrupted and combined, Farradic, Sinusoidal, High Frequency, Static, Blue Light, Leucodescent, and Arc Light.

The fact ever needs emphasis that the underlying principle of diagnosis and treatment employed in the Sanitarium consists in the very careful study of patients physically and by whatever other means may be necessary in arriving at the probable underlying cause of the trouble. These examinations are followed by the administration of such treatments as modern medical methods indicate and with the advantage afforded by specially favorable opportunities for study and by extensive therapeutic equipment.

INDUSTRIAL DEPARTMENT. Recently the management has introduced, in addition to the other departments at Clifton, an Industrial Department.

The educational value of these manual occupations in stimulating interest and providing occupation and recreation has been found to be great; and patients in increasing numbers are taking advantage of these opportunities.



Park Scene

THE SPRINGS. The chief characterizing element in the spring water is its sulphur content. The Sulphur water is used in the baths and for drinking purposes. The analysis follows:

UNION UNIVERSITY
DEPARTMENT OF CHEMISTRY

Schenectady, N. Y., April 25, 1902

Clifton Springs Sanitarium Co., Clifton Springs, N. Y.

Dear Sirs:—I herewith submit my report on the analysis of the samples of sulphur water recently sent by you from one of the Sanitarium Company's springs:

Parts (by weight) in 10,000 parts of water		Parts (by weight) in 10,000 parts of water	
KCl.....Potassium Chloride	.060	CaCO ₃Calcium Carbonate	2.876
NaCl.....Sodium Chloride	.026	Al ₂ O ₃Alumina	.015
Na ₂ SO ₄Sodium Sulphate	.428	Fe ₂ O ₃Iron	trace
Na ₂ HPO ₄Acid Sodium Phosphate	trace	SiO ₂Silica	.076
MgSO ₄Magnesium Sulphate	3.241	CO ₂Carbondioxide	.700
CaSO ₄Calcium Sulphate	10.339	H ₂ S....Hydrogen Sulphide	.110
(Lithia, Li ₂ O)	none	(equivalent to 1.665 cu. in. gas in one U. S. Gallon)	
Reaction, slightly Alkaline		Total Solids in Solution	17.871
Specific Gravity at 60° F., 1.0020			

The analysis shows the presence of all the most essential compounds, combined in such proportions as to give the water of this spring the great remedial value for which it has so long been justly noted.

(Signed)

Richard Sydney Curtiss
Professor of Analytical and Research Chemistry

The value of physiological therapy is again becoming recognized in America after almost two generations of neglect. The careful scientific studies of specialists in Germany, England and France, and the intelligent application of baths to special diseases, are demonstrating the value of hydrotherapy as never before. For such reasons and guided by the long experience of Clifton, we are continually improving and developing the use of medical baths. Students of the subject in this country are again recognizing its importance, and the recent reclamation of the great natural springs at Saratoga by the State of New York, illustrates the conviction of responsible authorities.

CHAPEL. The Chapel, on the first floor of the Main Building, is comfortably furnished, and has a seating capacity of three hundred. Prayers are held here every morning after breakfast, and evening services are conducted through the week by the chaplain. At the regular Sunday services patients not infrequently have the privilege of listening to eminent men from this and other lands. From its foundation Clifton has stood for a positive vital Christianity. This was regarded by the founder and the trus-



The Chapel

tees as an important element in contributing to the recovery of the sick. Patients are free to attend services or not, but everything possible is done to give to this side of the life its true significance and importance.

THE FARM. With the growth of such an institution as this the necessity of securing a constant and reliable source on which to draw for daily supplies, of an unvarying quality, is apparent. Thus, in time, a dairy farm, stocked with finely bred animals, became a part of the equipment. This herd has increased until now there are over one hundred cows, many of them thoroughbreds, yielding an abundance of rich milk, cream and butter. Here also may be found the source of a portion of the supply of beef, veal, mutton, poultry and eggs, together with pork, bacon and hams used in this institution.

SPORTS. Situated in the midst of the lake region there is fine fishing within a half hour's ride, at either Canandaigua or Seneca Lake; or by a little longer ride, finer still, at Cayuga Lake. The outlet stream of Canandaigua Lake passes through the Sanitarium Farm, a mile from the institution. The roads about Clifton Springs are exceptionally good for driving or wheeling. The soil is gravelly. Patients frequently bring their horses, carriages, automobiles or bicycles.

There is a gymnasium, pool, billiards, a bowling-alley, indoor golf, tennis-court, croquet and quoit grounds, seven-hole golf course and court golf, and many pleasant walks to near-by points of interest.

The Western Union Telegraph, Bell and Inter-Ocean Telephone Services are at the business office.



The Maple Walk

APPROACHES TO CLIFTON SPRINGS

The Auburn branch of the New York Central Railroad, on which Clifton Springs is situated, makes the following connections: At Rochester with the direct line of the New York Central from the West; West Shore; New York, Lake Erie & Western; Buffalo, Rochester & Pittsburgh, and the Rochester division of the Pennsylvania. At Syracuse with the direct line of the New York Central from the East; West Shore; Rome, Watertown & Ogdensburg division of the New York Central, and the Delaware, Lackawanna & Western. At Canandaigua with the Northern Central division of the Pennsylvania R. R. system. At Geneva with the Fall Brook division of the New York Central.



The Lehigh Valley Railroad, the main line of which passes through Clifton Springs, connects at Buffalo, Niagara Falls, Suspension Bridge, Rochester, Sayre, Waverly and Scranton with all the diverging lines.

From Boston, Providence, Portland and all points east come via Albany to Syracuse; thence by Auburn branch of New York Central, sixty miles to Clifton Springs.

From New York, come by the New York Central, via Albany and Syracuse, or the Lehigh Valley Railroad direct, without change.

From Philadelphia, Camden, Newark, Allentown, Wilkes-Barre and Pitts- ton, come by Lehigh Valley Railroad direct.

From Pittsburgh, come by the Pennsylvania Railroad, or Pittsburgh & Lake Erie Railroad, or the Buffalo, Rochester & Pittsburgh Railroad to Buf- falo or Rochester, and thence via the New York Central or Lehigh Valley.

From Chicago and all western or northwestern points, come by the Lake Shore & Michigan Southern, Wabash Railroad or Michigan Central to Buffalo; thence by the New York Central to Clifton Springs, or by the Grand Trunk and Lehigh Valley Railroad, through train without change.

From Toronto, London, Hamilton and St. Catharines, come by the Grand Trunk; Toronto, Hamilton & Buffalo, or the Michigan Central to Buffalo;

thence by the New York Central or the Lehigh Valley Railroad to Clifton Springs.

From the South, come to Philadelphia, thence by the Lehigh Valley to Clifton Springs, without change; or come to Harrisburg, Baltimore or Washington; thence by the Northern Central to Canandaigua; thence by the New York Central, eleven miles to Clifton Springs.

From the South and Southwest, come to St. Louis or Cincinnati; thence via Cleveland and Buffalo to Clifton Springs.

On the arrival of each regular passenger train, Sunday excepted, omnibuses will be in waiting to convey patients to the Sanitarium free of charge. On Sunday the baggage wagon will be sent to the station with baggage belonging to patients who find it necessary to leave, and to bring to the Sanitarium that which may have arrived on that day.

THE OMNIBUS AND BAGGAGE WAGON WILL NOT MEET THE NIGHT TRAINS UNLESS PATIENTS GIVE US PREVIOUS NOTIFICATION OF THEIR INTENDED ARRIVAL. As the Western Union office here closes at 8 p. m., a message of notification should be sent early to insure its being received here before the office closes. If too late to reach us by telegraph, communication can be established through the Bell or Home Telephone Systems, as both maintain a night service here. For further particulars address

THE CLIFTON SPRINGS SANITARIUM

CLIFTON SPRINGS, N. Y.



Golf Course

INFORMATION
AT
CITY TICKET OFFICE,
L.V.M. 211 Market St.
NEWARK, N. J.

Ship your Freights
Through Valley
Terminal.